

The Denver Indian Family Resource Center



Invites you to join us for!

DREAM CATCHER

**An Free Group To Support
Your Hopes and Dreams**

Starting September 4th 2012

Open to the Community



Tuesdays from 11:30 – 1pm

Please Join us as we support each other on the way to achieving our Dreams !

*Dream Catcher is a **free** 10-session Empowerment Group* developed by the Denver Indian Family Resource Center to help Urban American Indian/Alaska Native families succeed. The group incorporates traditional wisdom and cultural elements, and is designed to support you in achieving success.

This strength-based group will help you plan for your future by developing new skills and empowering you to make changes that will enable you to effectively walk in the modern world, while maintaining American Indian/Alaska Native cultural traditions.

The group is designed for ages 18+ and concentrates on the motivation and skills needed to succeed in life in four main areas:

- **The world of work or school**
- **Personal growth and management**
- **Practical living skills**
- **Communication skills**

Transportation Assistance, Light Meal, and Childcare provided

The Group is held at the Denver Indian Family Resource Center 4407 Morrison Road, Suite 100 Denver, CO 80219, starting Tuesday September 4th – but you can start at any time!

TO SIGN UP CONTACT: John Jewett, MA LPC jjewett@difrc.org or 303.871.8035 x 222



Overview of Sessions

Session 1: Life's Medicine Wheel

Session 2: Tribal Connections

Session 3: Knowing Yourself – Finding Your Path

Session 4: Life Long Learning and Career Planning

Session 5: Housing and Home Life

Session 6: Daily Living

Session 7: Communication

Session 8: Understanding Money

Session 9: Community Skills

Session 10: Trust – Building your Life Plan